

24 Delectable Old-World Recipes of Eastern Europe

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Eastern Europe: Where Meat and Potatoes are King!

Eastern European main courses place a heavy emphasis on comfort food. These easy recipes will have you wowing your guests in no time! Many of these traditional recipes can be whipped up very quickly from the countries of Germany, Poland, Hungary, Bulgaria, Czech Republic, Croatia, Lithuania, Romania, Russia, Serbia, Slovakia, Slovenia, Ukraine and more! You'll discover...

Starches go beyond potatoes and rice in the Eastern European kitchen. Discover wonderful grains from bulgur wheat to buckwheat groats and how easy they are to prepare.

Bread is indispensable to Eastern Europeans and is served at just about every meal. Russians, Poles, Ukrainians, Hungarians and Lithuanians love their rye breads. Serbians, Bulgarians and Romanians prefer corn flour breads. But nearly every Eastern European country has its standby white bread.

Every guest in an Eastern European home is offered, at the very least, cake and coffee (or tea). Desserts range from simple butter cookies to strudels to nut rolls to elaborate tortes and other cakes.

Enjoy the traditional, Old World recipes reminiscent of the glory days of the aristocracy, and hearty and delicious comfort food designed to fill the ravenous appetites of hard-working farmers!

1 Borscht (Beet Soup)

Yields 10 Servings

Also known as wormwood or mugwort, the herb artemisia looks a great deal like sagebrush, and has been used in both Chinese and Western medicine to treat a variety of ailments. It keeps the bowels clean by increasing the production of stomach acid and eliminating gastrointestinal microbes, acting as an "internal antiseptic."

Ingredients:

1 lb.	pork sausage	1	T. vegetable oil
3	medium beets, peeled and shredded	1	medium onion, chopped
3	medium baking potatoes, peeled and cubed	3	cloves garlic, minced
		$\frac{3}{4}$ C.	water
3	carrots, peeled and shredded	1	6-oz. can tomato paste
1	8-oz. ounce can diced tomatoes, drained	$\frac{1}{2}$ t.	sugar
			salt and pepper to taste
$\frac{1}{2}$	medium head cabbage, cored and shredded		sour cream for topping

Directions: Thoroughly cook the sausage in a skillet over medium heat, crumbling into small pieces. Remove from heat. Drain sausage on paper towels.

Fill a large saucepan with 2 quarts of water and bring to a boil. Add the sausage, cover, and return to a boil. Add the beets and cook until they lose their color. Add the potatoes and carrots. Cook until tender, approximately 15 minutes. Add canned tomatoes and cabbage.

Next, heat the oil in a skillet and sauté the onion and garlic until tender. Stir in water, tomato paste, and sugar until blended. Add this mixture to the saucepan. Stir, then cover and turn off the heat.

- Allow the soup to stand for 5 minutes. Season to taste with salt and pepper.
- Ladle into individual soup bowls and garnish with a dollop of sour cream.

2 Bulgur Salad

Yields 4 Servings

Bulgur is cooked, ground whole wheat that creates a wonderful, nutty base for this traditional salad. When blended with fresh veggies, it becomes a cool, pungent dish that keeps well in the fridge for days.

Ingredients:

½ C.	cracked bulgur wheat	3	green onions, thinly sliced
½ C.	chicken broth	3 T.	fresh lime juice
1	tomato, chopped	½ T.	chili powder
1	carrot, shredded	½ t.	garlic powder
1	small cucumber, seeded and chopped		

Directions:

Place bulgur in a small bowl. Bring the chicken broth to a boil in saucepan or microwave.

Add the bulgur, remove from heat, and let stand for 1 hour.

Stir in the tomatoes, carrots, cucumber and green onions.

In a small bowl, whisk together lime juice, chili powder and garlic powder. Pour over bulgur mixture and mix lightly. Cover and chill at least 2 hours before serving.

3 Russian Garden Salad

Yields 4 Servings

Crispy garden vegetables complimented by a zesty sour-cream-based dressing — a welcome alternative to run-of-the-mill tossed salads.

Ingredients:

10	romaine lettuce leaves, chopped	2 T.	lemon juice
4	tomatoes, chopped	1 T.	extra-virgin olive oil
1	large cucumber, peeled and sliced	1 C.	sour cream
1	red onion, sliced	1 t.	salt
½ C.	fresh parsley, chopped		

Directions:

Toss lettuce, tomatoes, cucumber, onion, and parsley together in a large bowl.

In a small mixing bowl, blend lemon juice, olive oil, sour cream, and salt. Add mixture to vegetables in the large bowl and mix lightly. Serve immediately.

4 Beet and Potato Salad

Yields 8 Servings

This rosy potato salad is delectable and tangy, and sure to add a touch of pizzazz to any meal.

A word to the wise: beets turn almost anything they touch red, so they should be folded in at the last step. That way the potatoes and carrots will retain their colors, and you'll have a lovely confetti-like salad.

Ingredients:

2	medium beets	3	green onions, chopped
3	medium potatoes	¼ C.	olive oil
2	carrots	2 T.	balsamic vinegar
3	small dill pickles, minced		salt to taste

Directions:

In a large saucepan, boil beets until tender, about 30 minutes. Drain, cool, skin, and dice them, and place in small bowl.

In a separate pot of water, boil potatoes and carrots until tender, about 20 minutes. Drain, cool, skin, and dice them. Place in a large bowl with the diced pickles and onions, and drizzle with olive oil and vinegar. Toss to coat and season with salt.

- Gently fold in the diced beets. Chill thoroughly before serving.

5 Ukrainian Black Bread (bread machine recipe)

Yield: One 1-½ lb. loaf

You don't have to spend precious time kneading in order to enjoy this moist, dark version of the "staff of life." The vinegar adds a little bite, making this bread a perfect partner for cheese.

Ingredients:

1-½ C.	water	2 T.	dark corn syrup
2 T.	apple cider vinegar	1 T.	brown sugar
2-½ C.	bread flour	3 T.	unsweetened cocoa powder
1 C.	rye flour	1 T.	caraway seed
1 t.	salt	¼ t.	fennel seed (optional)
2 T.	corn oil	1	(0.25 oz.) envelope active dry yeast

Directions:

Place ingredients into the bread machine in order suggested by the manufacturer.

Set the machine to the whole wheat / regular crust setting.

After the baking cycle ends, remove bread from pan, place on a cake rack, and let it cool for one hour before slicing.

6 German Rye Beer Bread

Yield: One 2 lb. loaves

This substantial loaf can be as dark or as light as you like, depending upon the type of beer you use. Dark stout or pale ale yield very different colors. Either way, you'll have bread that's ready to slather with mustard or provide the foundation for a perfect Reuben sandwich.

Ingredients:

2	C. rye flour	2	T. shortening
1-½	C. beer at room temperature	1	egg
2	envelopes (0.25 oz. each) active dry yeast	3 C.	bread flour
2	T. sugar	1 T.	caraway seed (optional)
2	t. salt	1 T.	cornmeal

Directions:

In a large bowl, stir together rye flour, beer, and yeast. Cover bowl with plastic wrap and set out overnight. (Do not refrigerate.)

Next day, add sugar, salt, shortening, and egg; beat with mixer until smooth. Stir in caraway seeds, if desired. Add enough bread flour to make a soft dough. Knead on a floured surface until smooth, about 10 minutes.

Place in greased bowl, and turn to oil surface of the dough. Let rise in warm place at least 1 hour, or until doubled.

- Punch down dough and divide in half. Shape into round or oblong loaves, and place on greased baking sheets sprinkled with corn meal. Let rise for 30 minutes.
- Bake at 400 degrees F (205 degrees C) for 30 minutes. Cool on racks.

7 Braided White Bread

Yield: One 1-½ lb. loaf

The Czechs and Bohemians call it *hoska*. To the Poles, it's *chalka*, derived from the Jewish *challah*. No matter what you call it, this gorgeous, golden loaf is an elegant addition to any holiday table.

Ingredients:

1	envelope active dry yeast (0.25 oz.)	2 T.	sugar
1-¾ C.	warm milk (110 degrees F/45 degrees C)	½	t. salt
1	egg yolk	5 C.	all-purpose flour
2	eggs	1	egg, beaten
		1 T.	poppy seeds (optional)

Directions:

In a small mixing bowl, dissolve yeast in warm milk. Let stand 15 minutes.

In a large mixing bowl, blend egg yolk, two eggs, sugar, and salt. Add the yeast mixture along with 3 cups

of flour; stir until well combined. Add remaining flour, ½ cup at a time, stirring well after each addition.

Turn dough onto a lightly floured surface and knead until smooth, about 7-8 minutes.

Place on floured bread board, and cut into 2 equal parts. Form into long, narrow loaves. Let rest for 20 minutes.

Divide each loaf in half and roll into a long rope for braiding. Fasten the 4 ends together at the top. Braid as follows:

1. Grasp the leftmost strand and pass it to the right, under the two strands adjacent to it. Then flip it back toward the left, over one strand (the one closest to it now).
2. Grasp the rightmost strand and pass it to the left, under the two strands adjacent to it (which have already been braided), and then flip it back to the right, over one strand.
3. Alternately repeat steps 1 and 2 until done.

Finish the braiding by fastening the ends, turning each end under the loaf.

Place dough on cookie sheet and cover with a towel until doubled in size, about 45 minutes.

Brush risen loaf with beaten egg and sprinkle with poppy seeds, if desired.

Bake at 400 degrees for 15 minutes. Then reduce heat to 350 degrees F and bake for another 25 minutes, or until golden brown.

8 Proja (Serbian Corn Bread with Cheese)

Yield: 10 Servings

This simple cornbread was a popular staple among Serbian peasants in the old days because it was so inexpensive to make. Today it's still a favorite in the Balkans, Bulgaria, and Romania, where it's served warm with yogurt or soft cheese.

Ingredients:

5 C.	cornmeal
8 oz.	softened butter
3	large eggs, beaten
2 C.	milk
½ t.	salt

Preparation:

Preheat oven to 375 degrees. Lightly grease a 13 x 9" baking pan.

In a large bowl, mix cornmeal with butter, eggs, 1 C. milk, and salt. Mix thoroughly for at least 5 minutes. Add remaining 1 C. milk and mix for 5 more minutes.

Pour into prepared baking pan and bake 35-45 minutes, or until toothpick tests dry from center. Cut into squares, but let bake for 5 more minutes so that the cornbread is crusty on the sides.

- Let sit for 5 minutes, then cut into squares and serve warm with yogurt or soft cheese.

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Indulge in the ultimate main course masterpiece — a magnificent, golden, breaded chicken breast absolutely oozing with richness and herbs. There is nothing as gratifying as the moment when you cut into Chicken Kiev and the subtly scented herb/butter mixture gushes out. Divine!

Ingredients:

- ½ C. butter
- 2 T. chopped fresh parsley
- ½ t. chopped fresh chives
- 6 skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 C. dry bread crumbs
- 3 eggs, lightly beaten
- 2 T. water
- 2 quarts vegetable oil for frying

Directions:

In a small bowl, combine the butter, parsley, and chives. Blend thoroughly and refrigerate.

Place chicken breasts between 2 pieces of waxed paper and pound to flatten until no more than ½" thick. Remove waxed paper. Season chicken with salt and pepper to taste.

Remove seasoned butter from refrigerator and divide into 6 portions. Place one portion in the center of each chicken breast. Fold the short ends of the breasts into the center, then fold in the sides. Secure each chicken breast with a toothpick.

Add the water to the eggs and beat together. Coat each chicken breast in bread crumbs, dip into egg/water mixture, then into bread crumbs again, coating well. Chill breasts for one hour.

In a deep fryer, heat oil to 365 degrees F (185 degrees C). Carefully lower breasts into hot oil. Fry for 8 minutes or until golden brown. Drain on paper toweling and serve.

(Alternative cooking method: Place on oiled baking sheet and bake at 375 degrees for 30-40 minutes or until meat thermometer inserted in center of chicken reads 180 degrees.)

WARNING: This recipe is highly addictive — even for children! A superb blend of beef and mushrooms in a rich sauce, traditionally served over broad egg noodles. So that's how they stay warm in Siberia!

Ingredients:

- | | | | |
|--------|---------------------------------------|------|--|
| 2 lbs. | beef chuck roast | 1 t. | prepared mustard |
| ½ t. | salt | ⅓ C. | sour cream |
| ¼ t. | ground black pepper | ⅓ C. | cream cheese |
| ½ C. | (4 oz.) butter | ¼ C. | white wine |
| 1 | medium yellow onion, sliced | | salt and pepper to taste |
| 1 T. | minced garlic | | chopped parsley for garnish (optional) |
| 12 oz. | fresh mushrooms | | |
| 2 T. | cornstarch | | |
| 1 | (10.5 ounce) can condensed beef broth | | |

Directions:

Remove any fat and gristle from the beef and cut it into strips ½" thick by 2" long. Season with salt and pepper.

In a large skillet over medium heat, melt 2 T. of the butter. Brown the beef strips quickly, then put the beef aside on a plate.

Melt the remaining 2 T. butter in the skillet and add the onion, garlic, and mushrooms. Sauté 3 to 5 minutes.

Stir the cornstarch into the beef broth. Add this mixture to the skillet, along with the beef strips. Bring to a boil, stirring constantly. Lower the heat and stir in the mustard. Cover and simmer for 1 hour or until the meat is tender.

Just before serving, stir in the sour cream, cream cheese, and white wine. Heat briefly, then add salt and pepper to taste.

Serve over hot egg noodles. Top with chopped parsley, if desired.

11 Sliven Style Pork Chops

Yield: 4 Servings

This recipe comes originally from Sliven, a picturesque city in central Bulgaria. Pork is the meat of choice in Bulgaria, and oven-baked dishes like this one are typical. Serve with roasted potatoes and yogurt for an authentic Bulgarian feast!

Ingredients:

4	pork chops	1	large onion, chopped
	salt and black pepper	2	medium carrots, finely diced
2 T.	vegetable oil	6	mushrooms, sliced
½ C.	white wine	2	small tomatoes, diced
4	garlic cloves, finely chopped	2	celery stalks

Directions:

Preheat oven to 425 degrees.

Season the pork chops with salt and pepper. Heat oil in a frying pan, add pork chops, and brown nicely on each side. Remove chops from frying pan and arrange in an 8 x 12" oven dish.

In the same frying pan, simmer the rest of the ingredients for 5-10 minutes. Remove from heat and spread over pork chops in oven dish. Bake at 425 degrees for 25 minutes, or until meat thermometer reads 180 degrees when inserted in pork chops.

12 Hungarian Goulash

Yield: 8 Servings

Now you can feast on the same hearty stew that kept centuries of Hungarian herdsmen from perishing during harsh winters on the frigid Great Plain. This meat-and-potato favorite calls for imported Hungarian sweet paprika, which is essential for properly flavored goulash.

Ingredients:

4 lbs.	flank steak	1/8 t.	caraway seed
¾ C.	Hungarian sweet paprika	4 C.	beef broth
¼ C.	olive oil	6	large potatoes, peeled and cubed
3	large onions, diced	6	large carrots, sliced thickly
2	garlic cloves, minced		salt and pepper to taste

Directions:

Cut beef into 2-3" chunks, then toss in paprika to coat.

Heat olive oil in a large soup pot over medium high heat. Sauté onions until soft (but not brown), then add beef and brown slowly to avoid scorching the paprika. Stir in caraway seed and garlic. Pour beef broth over all, lower heat to low, and simmer for 2-½ hours.

Add potatoes and carrots. Cook until tender, another 45-60 minutes. Season with salt and pepper to taste and serve.

13 Kartoshnik

Yield: 12 Servings

A traditional Russian holiday potato cake, Kartoshnik looks like a cake but is eaten like a potato. It rises when baking, then settles as it cools.

3	large potatoes, peeled and quartered	¾ C.	shredded Swiss cheese
5	eggs	½ C.	finely chopped onion
¼ C.	heavy whipping cream	1 T.	baking powder
½ t.	salt	½ C.	butter, melted
¾ C.	shredded sharp Cheddar cheese		sour cream for topping
			chopped green onions for garnishing

Directions:

In a medium saucepan, cover potatoes with water and boil until cooked. Drain thoroughly, then mash potatoes and set aside.

Preheat oven to 450 degrees F. Grease a 9 x 9" baking dish.

In a separate bowl, beat eggs lightly, then add cream and salt; whisk until blended. Add to mashed potatoes and mix thoroughly. Stir in cheeses, onions, and baking powder; mix thoroughly. Pour mixture into prepared baking dish and level.

Bake at 450 degrees F for 35 minutes or until top has a nice golden brown color. Remove from oven and let cool for 5 minutes. (The Kartoshnik will rise when cooking, then settle when removed from oven and cooled slightly.)

Cut Kartoshnik into 3" squares and serve with melted butter, a dollop of sour cream, and a sprinkling of green onions.

14 Rice Pilaf

Yield: 4 Servings

Now you can create the classic rice dish that Alexander the Great described after his visits with the Persians, and brought home to Macedonia. With just 5 ingredients, this simple, fragrant side dish can accompany any main course.

Ingredients:

¼ C.	butter	2 C.	chicken broth
¼ C.	finely chopped onions	½ t.	salt
1 C.	long-grain rice		

Directions:

Melt the butter in a saucepan over medium heat. Cook the onion for about 3 minutes, stirring occasionally.

Add the rice. Cook for 5 minutes, stirring frequently, until rice is lightly browned.

Add the broth and salt. Heat the mixture to boiling, then reduce to low. Cover and simmer for 15 minutes.

Remove from heat and let stand for 5 minutes.

15 Kugel (Noodle Pudding)

Yield: 24 servings

Kugels are a long-standing tradition among Eastern European Jews, and are served as a side dish at holiday meals. But you don't have to be Jewish to fall in love with this blend of noodles and cheeses, baked like a casserole and topped with a sweet crumb topping. Even chilled leftovers have a mysterious was of disappearing!

Ingredients:	16 oz. medium or fine egg noodles	1 pint sour cream
	¼ C. butter, sliced	16 oz. cream cheese
	4 eggs	16 oz. cottage cheese
	1 C. white sugar	1 20-oz. can crushed pineapple, drained
Topping:	1 C. brown sugar	1 C. crushed corn flakes
	2 T. flour	¼ C. butter, melted

Directions:

Preheat oven to 350 degrees F. Grease a 9x13" baking dish.

Cook noodles until just *al dente*. Drain noodles, then stir in the ½ C. of sliced butter until it melts and noodles are nicely buttered.

In a medium bowl, beat eggs with the white sugar. Beat in sour cream, cream cheese, and cottage cheese. Add buttered noodles and pineapple and mix gently. Transfer mixture to prepared dish.

In a small bowl, blend brown sugar and flour with a fork. Stir in corn flakes. Add melted butter and mix lightly. Sprinkle topping over noodle mixture.

Bake the kugel at 350 degrees for 45-60 minutes. Let cool 5 minutes. Cut in squares and serve.

16 Potatoes Romanoff

Yield: 12 Servings

Mashed potatoes suitable for royalty! The lowly spud has been elevated to a whole new class distinction thanks to sour cream, cheddar cheese, and a touch of onion. You may want to double the recipe in case the neighbors get a whiff of it.

Ingredients:

10	baking potatoes, peeled, cut into large pieces	6	green onions, finely sliced
16 oz.	sour cream	1 lb.	cheddar cheese, grated dash of paprika

Directions:

Preheat oven to 350 degrees F. Lightly grease a 9 x 13" baking dish.

Boil potatoes until tender but still firm, about 15 minutes. Drain and mash.

In a large mixing bowl, gently combine potatoes, sour cream, green onions and cheese. Spread mixture in prepared baking dish. Top with a sprinkle of paprika.

Bake in preheated oven for 30 minutes, or until thoroughly heated.

17 Bulgur with Pine Nuts

Yield: 4 Servings

Bulgur wheat can be found in the natural food section of your local grocery store. A staple of Eastern European cooking, bulgur plays a side-dish role similar to rice, but has a heartier, nuttier flavor and texture. This recipe adds a dash of green onion for flavor, and pine nuts for a rich finishing touch.

Ingredients:

1 C.	bulgur	¼ C.	green onions, finely chopped
2 C.	chicken broth	¼ C.	toasted pine nuts

Directions:

In a large saucepan, combine bulgur, broth and onions; bring to a boil over high heat. Reduce heat, cover and simmer for 15-20 minutes, or until broth is absorbed.

Add pine nuts and mix lightly to combine.

18 Kasha with Oranges and Raisins

Yield: 6 servings

Kasha (roasted buckwheat groats) is a favorite among Poles, Ukrainians, Russians, and other Eastern Europeans. This recipe includes mandarin oranges and raisins, and serves as a side dish, or as stuffing for roasted meats chicken, pork, or turkey.

Ingredients:

1 C.	uncooked kasha	¼ C.	golden raisins
1	large beaten egg	½ t.	ginger
¼ C.	butter	¼ t.	dry mustard
1	large onion, chopped	2	oranges, peeled, seeded, and sectioned
2	stalks celery, chopped		salt and pepper
2 C.	hot chicken broth		

Directions:

Blend kasha and egg in a small bowl, and set aside.

Melt butter in large skillet, then sauté onion and celery tender. Add the kasha-egg mixture and sauté just until grains separate.

In a separate bowl, mix together raisins, ginger, mustard and broth.

Raise the heat under the skillet to medium-high and add the broth mixture to the skillet. Mix well, bringing to a boil. Cover, reduce heat to low and cook for 15-20 minutes or until the kasha is tender and the liquid has been absorbed.

Remove kasha from heat and let cool for 10 minutes.

Lightly mix in orange sections and add salt and pepper to taste. Serve warm.

19 Serbian Nut Roll (Orehnjaca)

Yield: 2 large nut rolls

Nut rolls are Eastern European sweet yeast breads that can have any of a variety of fillings, from sweet to savory. This one has a sweet, nutty filling, and is known in Serbian as *orehnjaca*. It's a favorite at many celebrations, especially at a Serbian family's *slava* (celebration of the family's patron saint.)

Ingredients:

1 envelope (0.25 oz.) active dry yeast	3 T. sugar
¼ C. warm water	½ t. salt
1 C. butter	3 egg yolks, beaten
½ C. milk	2-½ C. flour

Topping:

1-½ C. finely ground walnuts	¼ C. honey
½ C. sugar	3 egg whites
2 t. cinnamon	¾ C. sugar
¼ C. milk	

Preparation:

Dissolve the packet of yeast in warm water according to package directions, and set aside.

In a small saucepan, over low heat, warm butter, ½ C. milk, 3 T. sugar and salt until butter has melted. Remove from heat.

In a large bowl, combine yeast, butter mixture and beaten egg yolks. Add flour gradually, beating well.

Divide dough into 2 equal portions. Wrap and refrigerate overnight.

Next day, make the filling: combine walnuts, ½ cup sugar, cinnamon, ¼ cup milk and honey in a saucepan. Place over low heat and stir constantly until hot. Remove from heat and cool.

Beat egg whites until frothy. Gradually add ¾ C. sugar, beating until stiff. Fold cooled walnut mixture into beaten egg whites. Set aside.

On floured surface, roll 1 portion of dough into a 24" square, 1/8" thick. Spread with half the walnut filling and then roll like a jellyroll.

Repeat process with remaining dough and filling, to create a second nut roll.

Place nut rolls on lightly greased baking sheets, 6" apart.

Heat oven to 350 degrees. Bake nut rolls 1 hour or until nicely browned. Cool 20 minutes and then transfer onto a wire rack.

- Serve warm or cold, sliced into 2" sections.

20 Russian Tea Cakes

Yield: 3-4 dozen cookies

What other cookie recipe includes vodka? These rich tea cakes are a delightful variation on shortbread, happily dusted with powdered sugar.

Ingredients:

¼ t. salt	2-¼ C. all-purpose flour
1 C. butter, softened	¾ C. hazelnuts or pecans, finely chopped
¾ C. confectioner's sugar	⅓ C. confectioner's sugar for dusting
1 t. vodka	
1 t. vanilla	

Directions:

Preheat oven to 325 degrees F.

In a large bowl, thoroughly cream butter and confectioner's sugar. Beat in vodka and vanilla.

Gradually add flour and salt, then chopped nuts.

Roll dough into 1" balls and place on ungreased baking sheets 1" apart. Flatten slightly.

Bake for 12-15 minutes until faintly browned.

Remove from oven and dust with additional confectioner's sugar. Cool on wire racks.

21 Dobos Torte

Yield: One 9" six-layer cake

Now you can enjoy the luscious, melt-in-your-mouth cake introduced in Budapest in 1885, and named for the confectioner who created it: Hungarian pastry chef Josef Dobos. Layer upon layer of rich sponge cake, coupled with scrumptious chocolate buttercream, make this multi-layered creation a splendid accomplishment for the chef — and a memorable culinary experience for the lucky gourmets who get to experience it.

Ingredients:

8 eggs, separated	1-½ C. sifted all-purpose flour
1 C. white sugar	1 T. shortening
¼ C. milk	1 C. white sugar
2 t. vanilla extract	Chocolate Buttercream*
¼ t. salt	Caramel Topping**

Directions:

Preheat oven to 400 degrees F. Have two 10" cardboard circles ready. Generously grease a 9" springform pan with butter, and dust with flour.

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Beat egg whites until foamy, then gradually add 1 C. sugar. Beat until mixture forms soft peaks.

In another bowl, beat egg yolks with milk, vanilla, and salt. Fold this mixture into the beaten egg whites. Sift the flour over the egg mixture, and gently fold in.

Spread 1- $\frac{1}{3}$ C. of the batter into the prepared springform pan. Bake for about 5 to 9 minutes, or until small, brown spots begin to appear on cake. Remove the cake from the oven, and remove layer from pan with a spatula. Dust the cake lightly with flour, and place on a rack to cool.

Grease pan again, and repeat this process until all of the batter is used, making 6 more layers. Place the layers between wax paper, and cover with a towel. Chill the layers for a few hours.

Meanwhile, make the Chocolate Buttercream.

*Chocolate Buttercream

12 oz. bittersweet chocolate	2 t. vanilla extract
2 C. unsalted butter, at room temperature	2 eggs
$\frac{1}{4}$ t. salt	4 C. confectioner's sugar

Directions for Chocolate Buttercream

Melt the bittersweet chocolate, and allow it to cool slightly.

Place butter, salt, and vanilla in a mixing bowl. Beat with a mixer until very light and airy, about 3 minutes. Add confectioner's sugar a little at a time, then beat on medium speed for about 4 minutes.

Add eggs one at a time, and beat for 5 minutes more. Add the melted chocolate, and beat more 4 minutes.

Torte Assembly

Layer the chilled cake layers on one of the cardboard rounds with the buttercream. Start with one layer, cover with the buttercream, and then press down with another layer to make a good seal. Repeat this with the remaining layers, but reserve one layer. Wrap the cake in plastic, and chill for at least 6 hours along with the remaining buttercream.

Grease the other cardboard round with shortening, and place the last layer on it.

**Caramel Topping

Place 1 C. sugar in a non-stick skillet over medium heat. Allow the sugar to cook until the edges look melted and brown. Stir with a wooden spoon until sugar turns golden brown. Carefully pour the caramelized sugar over the top/last layer of the torte, spreading it to the edges with an oiled knife.

Use the oiled knife to quickly mark the top of the caramel into 16 wedges. Allow it to cool slightly, and then retouch the indents with the knife again. Place layer on a counter top dusted with sugar, and allow it to cool completely.

Final Torte Assembly

Spread more buttercream on top of the chilled torte, and then top with the caramel round. Frost the sides of the torte with the remaining buttercream. Thoroughly chill the torte before serving.

22 Romanian Apple Cake

Yield: One 9 x 13" cake

The smell of apples and cinnamon will have everyone peeking through the oven door to see what's coming. This simple cake is so moist and aromatic, it's sure to become a family favorite!

Ingredients:

5	Granny Smith apples, peeled and cored	1 T. vanilla
		2 C. flour
3	eggs	1 t. baking soda
1- $\frac{1}{2}$ C.	sugar	$\frac{3}{4}$ C. chopped walnuts
$\frac{3}{4}$ C.	vegetable oil	Whipped cream
1 T.	cinnamon	

Directions:

Preheat oven to 350 degrees F. Grease and flour a 9 x 13" cake pan.

Cut the apples into 1 inch wedges. Set aside.

In a large bowl, whisk eggs and sugar together until blended. Mix in the oil, cinnamon and vanilla. In a separate bowl, stir the flour and baking soda together; add to batter and stir just until mixed. Fold in apples and walnuts.

Pour mixture into the prepared cake pan. Bake at 350 degrees 40-50 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Allow cake to cool for 5-10 minutes. Serve warm with whipped cream.

23 Cherry Strudel

Yield: 6-8 servings

Strudel is a longstanding Hungarian tradition, a flaky pastry typically stuffed with fruit. This version contains a tangy Bing cherry filling, and takes advantage of the availability of ready-to-use frozen phyllo dough.

Ingredients:

1- $\frac{1}{2}$ lbs.	Bing cherries, washed, stemmed and pitted	16 oz. package frozen phyllo dough
$\frac{1}{2}$ C.	walnuts, chopped coarsely	$\frac{1}{4}$ C. butter, melted
$\frac{3}{4}$ C.	sugar	
$\frac{3}{4}$ C.	dry breadcrumbs	

Directions:

Preheat oven to 400 degrees F.

In a large mixing bowl, combine cherries, walnuts, sugar and bread crumbs. Stir well.

Spread several sheets of phyllo dough generously with melted butter and lay them one atop the other on a baking sheet. Spread the fruit mixture evenly over the top sheet, then roll the sheets up to form a log. Brush with $\frac{1}{4}$ C. melted butter.

Bake in preheated oven 30 minutes, until pastry is golden brown and fruit is tender.

24 Bulgur with Pine Nuts

Yield: One 9" square cake

This Czechoslovakian dessert is like a coffeecake in texture, and is sometimes served as a breakfast pastry. Commonly used fruits are sweet cherries, tart cherries, plums, nectarines, apricots, strawberries and (in this version) blueberries.

The name "Bublanina" comes from the Czech word for bubble, referring to the way that the cake batter bubbles up around the fruit.

Ingredients:

½ C.	butter, softened	1 t.	salt
½ C.	sugar	1 C.	flour
3	large eggs, divided	2 C.	fresh blueberries
1 t.	orange zest		confectioner's sugar for topping

Preparation:

Preheat to 350 degrees. Lightly grease a 9" square baking pan.

In a medium bowl, cream together butter, sugar and egg yolks until light and fluffy. Add orange zest and salt, mixing well.

In another medium bowl, beat egg whites until stiff. Alternately fold egg whites and flour into the butter-egg mixture.

Turn batter into prepared pan and scatter blueberries evenly over top. Press berries into the batter with a spatula. Bake 30 to 40 minutes or until toothpick inserted near center comes out clean.

Cut into 6 equal squares. Serve warm or cold dusted with confectioner's sugar.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.